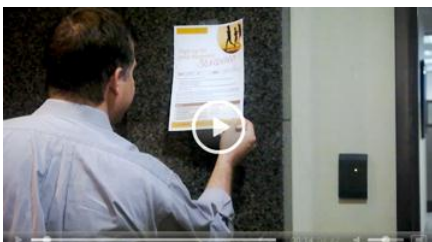


Biometric Screening FAQ

- 1. What is a Biometric Screening?** A Biometric Screening is a short, simple health exam that helps identify both your current health status and any potential risk factors you may have for certain health conditions.
- 2. Why is it important for me to participate?** A Biometric Screening will make you fully aware of your current health status, while also promoting health education and encouraging healthy lifestyle change.
- 3. What tests does the Biometric Screening include?** A Biometric Screening may include the following tests: Total cholesterol, HDL, LDL, triglycerides, glucose (blood sugar), height and weight (used to calculate body mass index), and waist circumference.
- 4. Are my results confidential?** Yes, your results are 100 percent confidential. We do not share any of your personal health information with anyone, which is in line with Health Insurance Portability and Accountability Act standards.
- 5. Will the blood test hurt?** This can vary from person to person, although the tests are done with the utmost amount of professionalism. Everyone is different and perceives pain in different ways.
- 6. How accurate are my results?** We take great care to ensure that your results are as accurate and as precise as possible. By using only trained and experienced screening professionals and conducting internal reliability studies on testing equipment and supplies, we have confidence in our accuracy. In addition, Viverae meets the National Cholesterol Education Program guidelines for all our equipment.
- 7. Are the screeners trained professionals?** Yes, our screeners are all Viverae-trained professionals and have completed our 30-day training program.
- 8. How long is the screening process?** The screening process lasts approximately 15 minutes.
- 9. Why is it necessary to not eat 8-12 hours before the screening?** Eating before your screening may affect your glucose and cholesterol levels. Fasting 8-12 hours prior to your screening will help ensure the accuracy of your results. It is acceptable to drink water and take any physician-prescribed medication.
- 10. Can I exercise before my screening?** We recommend avoiding exercise for at least 24 hours prior to your screening event. Engaging in physical activity before your screening may affect your blood pressure and LDL levels.



What to Expect

Questions about signing-up, how to prepare, and the screening process? Watch our video, "What to Expect" at myviveraecommunications.com/screening.html.



:: Viverae Health Center :: 888-VIVERAE (848-3723) :: www.myviverae.com